



# Waquoit Bay National Estuarine Research Reserve

Department of Conservation and Recreation

## SEPTEMBER 2021 PROGRAMS

All programs are free and open to the public. An adult must accompany children. Reasonable accommodations available upon request. **Please note:** The Waquoit Bay Visitor Center is currently closed for construction. Visitors are welcome to enjoy the grounds and trail. Rain cancels most programs; call ahead to confirm.

**Wednesday  
September 1**  
  
**9:00 - 10:00 AM**

### **Forest Bathing Meditation Walk** **Waquoit Bay Reserve Visitor Center**

Take part in a commonly practiced Japanese meditation walk connecting the mind, body, and spirit to nature by engaging our senses. This walk will immerse you in nature and give you a sense of connection to yourself and the world around you. Meet at the Visitor Center Kiosk.

**Friday  
September 3**  
  
**1:00 - 1:45 PM**

### **Power of Pollinators** **Waquoit Bay Reserve Visitor Center**

Stroll through our pollinator garden to learn about the importance of pollinators, how different animals and insects can help flowers grow, and what you can plant to help them out and attract them to your yard. Suitable for all ages. Meet at Visitor Center Kiosk.

**Saturday  
September 4**  
  
**11:00 - Noon**

### **Let's Go N' Seine** **Waquoit Bay Reserve Visitor Center**

Join us on the shore of Waquoit Bay as we use a big net to see who lives in the bay. Please wear shoes that can get wet. Meet at the Visitor Center Kiosk.

**Sunday  
September 5**  
  
**12:00 - 1:00 PM**

### **Family Game Hour** **Waquoit Bay Reserve Visitor Center**

Bring your family to partake in an outdoor game on the bluff. Each week a park interpreter will lead a game suitable for all ages. We encourage you to pack a picnic to enjoy on one of our picnic tables before or after the game. Meet at the Visitor Center Kiosk.



Waquoit Bay National Estuarine Research Reserve  
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coming events